

Community Resources

- **Call 211:** 211 is a free, confidential service that connects you to local resources across Maine, including food assistance. Simply call 211, visit 211Maine.org, or dial 866-811-5695. You can also text your zip code to 898-211 for information.
- **Free School Meals:** All Maine students can access free breakfast and lunch. No paperwork needed.

Scan the QR codes for easy access to state and local resources.

WIC Program: Get healthy foods, nutrition tips, and breastfeeding support for your family.



SNAP: Monthly benefits to help you buy nutritious foods.



York County Resource Map: Discover local services- your guide to community support.



Farmers' Markets: Community hubs for fresh, local food.



Contact Us:



PHC@MaineHealth.org



Partners for Healthier Communities

or



York County Food Council

Nourish York County: A Community Guide to Healthy Eating

*Budget-Friendly Recipes,
Smart Shopping Tips, and
Local Resources for All.*



Pantry Staples

Keep these ingredients on hand to create quick and nutritious meals.

- **Baking Essentials:** Flour, sugar, baking soda, baking powder.
- **Canned Beans & Fish:** Use kidney, black, pinto, or lima beans in salads, soups, or as sides. Canned tuna and salmon are perfect for salads, casseroles, or pasta dishes.
- **Canned Tomatoes:** Tomato sauce, diced, whole, or pureed for versatile cooking.
- **Cereals:** Whole grains are great with fruit and milk, or in trail mixes, baked goods, and as crispy coatings for meats.
- **Oils:** Keep canola and olive oil on hand for cooking and dressings.
- **Pasta & Rice:** Buy whole wheat pasta and brown rice in bulk for cost-effective meals.
- **Canned Fruits & Veggies:** Choose those packed in 100% juice or low-sodium options. Rinse those with syrups and salts for a healthier option.
- **Canned or Powdered Milk:** A longer-lasting substitute for fresh milk in recipes.
- **Dried Fruits & Nuts:** Ideal for snacks, trail mixes, baked goods, or adding to yogurt.
- **Herbs & Seasonings:** Stock garlic powder, Italian seasoning, salt, and pepper for easy flavoring.

Shopping on a Budget

Menu Planning Basics:

- **Set Your Budget:** Decide how much you want to spend on groceries.
- **Take Stock:** List the ingredients you already have on hand.
- **Shop Smart:** Focus on foods that are on sale or in season.
- **Choose Recipes:** Select dishes with ingredients you already have or those that are on sale.
- **Modify Recipes:** Swap in-season or pantry items for what's called for in the recipe.
- **Make Your Shopping List:** Create a list based on your chosen recipes and what you need to buy.
- **Compare Prices:** Check unit pricing labels to ensure you're getting the best value.

																				
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Photo credit- Good Shepard Food Bank/Cooking Matters.

- **Unit pricing:** Unit pricing shows the cost of a product per amount (per ounce or per pound). It helps to compare prices and find the best value when shopping for groceries.
 - In the example above, unit price is shared in the orange box. Which source of peaches would be the most cost effective? If you answered canned, you are correct!

Recipes

Create delicious, budget-friendly meals with ingredients you already have at home.

- **Try the Free SuperCook App:** SuperCook helps you turn your pantry staples into tasty dishes! Just enter the ingredients you have, and the app will suggest hundreds of easy, family-friendly recipes. It's quick to set up, and before you know it, you'll have a whole list of meal ideas based on what's already in your kitchen.

Need More Ideas?

- **Search online for "One-Pot Meals":** Save time and dishes by making meals in one pot, pan, or crockpot.
- **Mix & Match:** Combine proteins, veggies, and grains you already have for quick stir-fries, salads, or soups.
- **Use Leftovers Creatively:** Turn last night's dinner into today's lunch or breakfast!

